

Click here for Fleet and Family Support Center Families Schedule		Click here for Fleet and Family Support Center Counseling Schedule		Click here for Fleet and Family Support Center Military Schedule	
Ready Navy		Building Effective Anger Management Skills (BEAMS)		Building Healthy Relationships	
Children and Divorce		Dads and Discipline		Enhancing Step Families	
New Parent Resource Awareness Workshop		Parenting in a Military Family		Parenting Teens	
Personal Communications		Single Parenting in the Military		STEP	
STEP - Early		STEP -Teen		Stress Management - Multi	
Toddler time		Welcome to the Military		EFM Regional POC Training	
FAP Command Leadership Training		PCO - PXO Spouses Workshop			
Yorktown 887-4606	Norfolk/Portsmouth 444-2102	Oceana/Dam Neck 433-2912	JEB Little Creek/ Fort Story 462-7563	Newport News 688-6289	Northwest 421-8770
		NOV 23 1:00-3:00 pm		SEP 3 2:00-4:00 pm	

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SEP 21-Oct 2 (M-W-F) 9:00-11:00 am	SEP 14-25 (M-W-F) 9:00-11:00 am  OCT 7-23 (W&F) 9:00-11:00 am  NOV 3-19 (T&Th) 1:00-3:00 pm  DEC 7-18 (M-W-F) 9:00-11:00 am  <u>Portsmouth</u> FEB 2-13 (M-W-F) 9:00-11:00 am MAY 18-22 (M-F) 9:00-11:30 am AUG 3-14 (M-W-F) 1:00-3:00 pm NOV 16-20 (M-F) 9:00-11:30 am	SEP 14-30 (M&W) 2:00-4:00 pm  NOV 3-19 (T&Th) 9:30-11:30 am	SEP 30-OCT 16 (W&F) 9:00-11:00 am  DEC 7-18 (M-W-F) 9:00-11:00 am		

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NOV 4 2:30 - 5:00 pm	SEP 8 6:00-8:30 pm  OCT 13 4:00-6:30 pm  NOV 10 6:00-8:30 pm  NOV 24 12:00-2:30 pm  DEC 8 6:00-8:30 pm  <u>Portsmouth</u> FEB 18 1:00-3:30 pm  APR 22 2:00-4:30 pm  JUN 22 9:00-11:30 am  AUG 21 1:00-3:30 pm  OCT 6 9:00-11:30 am  DEC 14 1:00-3:30 pm	SEP 15 4:30-7:00 pm	SEP 29 6:00-8:30 pm		OCT 21 9:00-11:30 am

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MAY 12 12:00-4:00 pm	FEB 3 & 4 (T&W) 3:00-5:00 pm  APR 28 & 29 (W&Th) 3:00-5:00 pm  JUN 2 & 9 (T) 6:00-8:00 pm  AUG 12 & 13 (W&Th) 3:00-5:00 pm  OCT 13 & 14 (T&W) 3:00-5:00 pm  DEC 1 & 2 (T&W) 9:00-11:00 am  Portsmouth MAR 24 & 25 (T&W) 2:00-4:00 pm  AUG 18 & 19 (T&W) 1:00-3:00 pm	SEP 1 12:30-4:30 pm  SEP 29 3:00-7:00 pm  OCT 6 3:00-7:00 pm  NOV 3 3:00-7:00 pm  NOV 18 12:30-4:30 pm  DEC 1 3:00-7:00 pm	SEP 30 1:00-5:00 pm  NOV 17 8:30 am-12:30 pm	APR 7 & 9 (T&Th) 1:00-3:00 pm	APR 23 12:00-4:00 pm  JUL 14 9:00 am-1:00 pm  AUG 13 8:00 am-noon  OCT 15 8:00 am-noon

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	<p>JUN 16 9:00-11:30 am</p> <p>SEP 16 1:00-3:30 pm</p>	<p>APR 23 2:00-4:30 pm</p> <p>JUN 9 4:30-7:00 pm</p> <p>SEP 22 4:00-6:30 pm</p> <p>DEC 8 4:00-6:30 pm</p>			<p>JUN 11 9:00-11:30 am</p>

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SEP 10 2:30-5:00 pm  DEC 3 2:30-5:00 pm		AUG 26 9:30 am-noon  NOV 17 4:00-6:30 pm			

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	OCT 2 8:00 am-noon  NOV 13 8:00 am-noon	NOV 13 8:00am-noon  DEC 4 8:00 am-noon	OCT 1 8:00 am-noon	OCT 14 8:30 am-12:30 pm	OCT 8 1:00 pm-4:00 pm

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Fleet and Family Support Center  
Military Schedule](#)

## Building Healthy Relationships

## Enhancing Step Families

## Parenting Teens

STEP

## Stress Management - Multi

EFM Regional POC Training

## PCO - PXO Spouses Workshop

**Northwest**  
**421-8770**

**NOV 17**  
**2:30-5:00 pm**

DATE	TIME
FEB 24	2:30-5:00 pm
JUN 23	2:30-5:00 pm
SEP 15	2:30-5:00 pm
NOV 17	2:30-5:00 pm
APR 2	2:00-4:30 pm
JUL 21	4:00-6:30 pm
OCT 20	4:00-6:30 pm

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	FEB 23 1:00-3:00 pm  APR 27 3:00-5:00 pm  JUN 29 1:00-3:00 pm  AUG 31 1:00-3:00 pm  OCT 26 1:00-3:00 pm  <u>Portsmouth</u> FEB 10 2:30-4:00 pm  APR 16 1:00-2:30 pm  JUN 15 10:30 am-noon  AUG 7 9:00-10:30 am  OCT 7 2:30-4:00 pm  DEC 10 2:30-4:00 pm	JUN 16 5:00-7:00 pm  OCT 20 5:00-7:00 pm	APR 14 9:00-11:00 am  OCT 1 1:30-3:30 pm	DEC 4 9:00 - 11:00 am	

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MAR 31 12:00-2:30 pm	JAN 28 9:00-11:30 am  APR 2 2:30-5:00 pm  AUG 6 2:30-5:00 pm  NOV 10 2:30-5:00 pm  <u>Portsmouth</u> MAR 11 1:00-3:30 pm  SEP 22 1:00-3:30 pm	FEB 11 2:00-4:30 pm  MAR 25 2:00-4:30 pm  JUN 2 4:30-7:00 pm  OCT 27 4:00-6:30 pm		OCT 27 10:00 am-12:30 pm	

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	<p>MAR 2-23 (M&amp;Th) 3:00-5:00 pm (School Age)</p> <p>SEP 17-Oct 29 (Th) 6:00-8:00 pm (School Age)</p> <p><u>Portsmouth</u> JAN 12-FEB 23 (M) 12:30-3:30 pm (no class 19 JAN &amp; 16 FEB)</p> <p>JUL 14-29 (T&amp;W) 1:00-3:30 pm</p>	<p>FEB 3-12 (T&amp;Th) 3:00-7:00 pm (School Age)</p> <p>MAY 5-14 (T&amp;Th) 3:00-7:00 pm (School Age)</p> <p>OCT 13-22 (T&amp;Th) 3:00-7:00 pm (School Age)</p>			

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APR 16-May 28 (Th) 6:00-8:00 pm (Early Childhood)  NOV 2-23 (M&Th) 3:00-5:00 pm (Early Childhood)		MAR 10-19 (T&TH) 3:00-7:00 pm (Earl Childhood)  AUG 4-13 (T&Th) 3:00-7:00pm (Early Childhood)  SEP 8-17 (T&Th) 3:00-7:00 pm (Early Childhood)			

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	<p>JAN 15 - FEB 26 (Th) 6:00-8:00pm (Teen)</p> <p>JUL 6-27 (M&amp;Th) 3:00-5:00 pm (Teen)</p>				



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Military Schedule

Ready Navy

Building Effective Anger  
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Building Healthy Relationships

Children and Divorce

Dads and Discipline

Enhancing Step Families

New Parent Resource  
Awareness Workshop

Parenting in a Military Family

Parenting Teens

Personal Communications

Single Parenting in the Military

STEP

STEP - Early

STEP -Teen

Stress Management - Multi

Toddlerltime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership  
Training

PCO - PXO Spouses Workshop

**Yorktown**  
887-4606

**Norfolk/Portsmouth**  
444-2102

**Oceana/Dam Neck**  
433-2912

**JEB Little Creek/ Fort Story**  
462-7563

**Newport News**  
688-6289

**Northwest**  
421-8770

APR 20 & 22 (M&W)  
12:00-4:00 pm

AUG 24 & 26 (M&W)  
1:00-4:00 pm

JAN 6-15 (T&Th) 1:00-3:00 pm  
FEB 3-12 (T&Th) 1:00-3:00 pm  
MAR 3-12 (T&Th) 1:00-3:00 pm  
APR 7-16 (T&Th) 1:00-3:00 pm  
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SEP 8-17 (T&Th) 1:00-3:00 pm  
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DEC 1-10 (T&Th) 1:00-3:00 pm

Portsmouth  
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1:00-3:30 pm

JUN 9-11 (T-Th)  
1:00-3:30 pm

SEP 14-15 (M-T)  
8:00 am-noon

DEC 7-9 (M-W)  
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FEB 10-19 (T&Th)  
9:00-11:00 pm

APR 7-16 (T&Th)  
2:00-4:00 pm

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JAN 20-29 (T&Th)  
9:00-11:00 am

MAR 17-26 (T&Th)  
9:00-11:00 am

MAY 26-JUN 4 (T&Th)  
1:00-3:00 pm

JUL 20-29 (M&W)  
9:00-11:00 am

SEP 14-23 (M&W)  
9:00-11:00 am

NOV 16-25 (M&W)  
1:00-3:00 pm

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8:00 am-noon

JUN 16 & 18 (T&Th)  
8:00 am-noon


OCT 6 & 8 (T-Th)  
8:00 am-noon

NOV 17 - 20 (M - TH)  
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Children and Divorce		Dads and Discipline		Enhancing Step Families	
New Parent Resource Awareness Workshop		Parenting in a Military Family		Parenting Teens	
Personal Communications		Single Parenting in the Military		STEP	
STEP - Early		STEP -Teen		Stress Management - Multi	
Toddler time		Welcome to the Military		EFM Regional POC Training	
FAP Command Leadership Training		PCO - PXO Spouses Workshop			
Yorktown 887-4606	Norfolk/Portsmouth 444-2102	Oceana/Dam Neck 433-2912	JEB Little Creek/ Fort Story 462-7563	Newport News 688-6289	Northwest 421-8770
JUL 15 8:00 am-4:00 pm	OCT 27 -28 8:00 am-NOON	MAY 19 8:00 am-4:00 pm	FEB 12 8:00 am - 4:00 pm		

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[Click here for  
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## Building Healthy Relationships

## Enhancing Step Families

## Parenting Teens

STEP

## Stress Management - Multi

## EFM Regional POC Training

## PCO - PXO Spouses Workshop

**Northwest**  
**421-8770**

**NOV 13**  
**9:00 am-2:00 pm**

MAR 19	APR 17
9:00 am-2:00 pm	9:00 am-2:00 pm
SEP 24	NOV 13
9:00 am-2:00 pm	9:00 am-2:00 pm



**FLEET &  
FAMILY  
SUPPORT  
CENTERS**  
MID-ATLANTIC

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CFS Forum & Financial Town Hall Mtg.	CFS Refresher	CFS Training
Consumer Awareness	Credit Management	Developing Your Spending Plan
Don't Bet Your Life On It	Financial Leadership Seminar	Financial Responsibility in the Military
Homeownership	How to Survive the Holidays Financially	
Retirement Planning	Savings and Investments	SMART Start: Finances for Newlyweds
TSP: Your Key to Financial Independence	Million Dollar Sailor	SAPR Command Data Collection Coordinator
SAPR Command Liaison Training	SAPR Command POC Training	SAPR Victim Advocate Continuing Education
SAPR Victim Advocate Basic Training	Love Thinks	Changes
Couples Workshop	Career Planning	Effective Resume Writing
Federal Employment System	Interview Techniques	Job Network
Job Search Strategies	Children and Divorce	

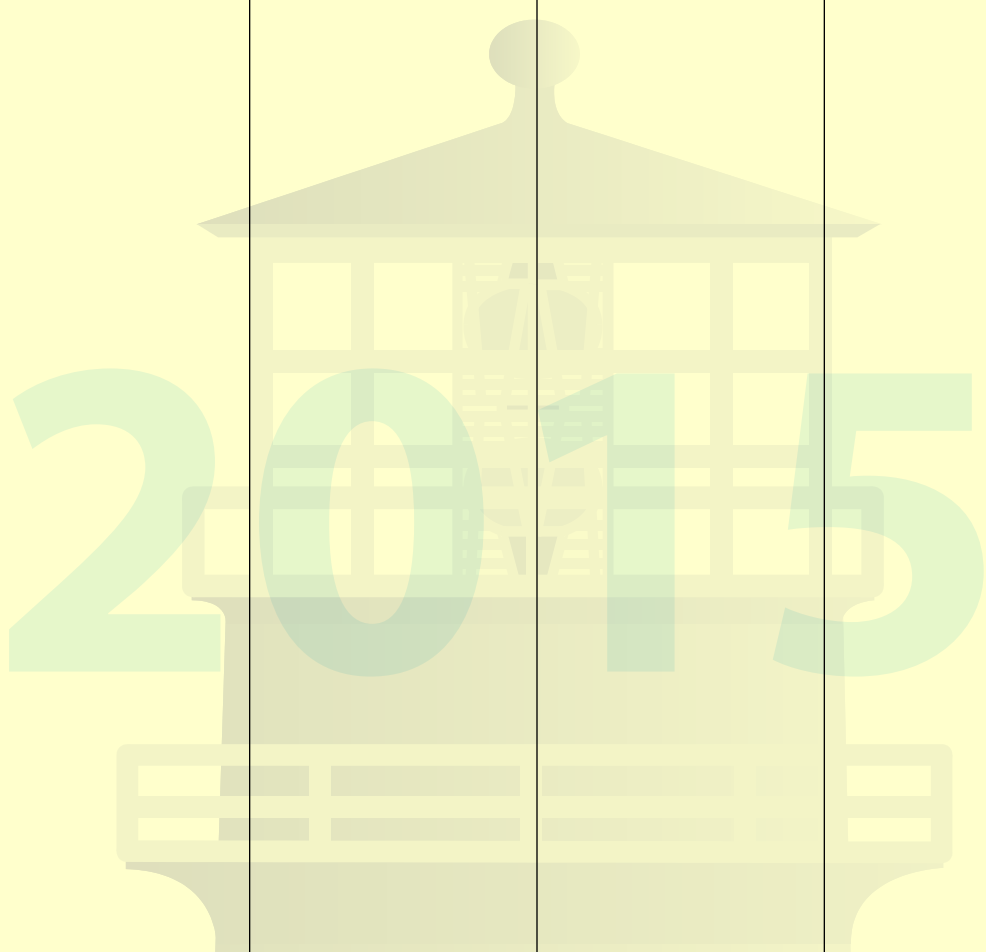
Yorktown 887-4606	Norfolk/Portsmouth 444-2102	Oceana/Dam Neck 433-2912	JEB Little Creek/ Fort Story 462-7563	Newport News 688-6289	Northwest 421-8770
NOV 19 8:30 am-4:30 pm	SEP 16 8:00 am-4:00 pm  SEP 29 & 30 (T&W) 4:00-7:30 pm  OCT 20 8:00 am-4:00 pm  NOV 24 8:00 am-4:00 pm  DEC 2 & 3 (W&Th) 4:00-7:30 pm  DEC 15 8:00 am-4:00 pm	DEC 10 8:00 am-4:00 pm	OCT 13 8:00 am-4:00 pm  NOV 12 8:00 am-4:00 pm  DEC 11 8:00 am-4:00 pm	SEP 29 8:00 am-4:00 pm	



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Couples Workshop		Career Planning		Job Network	
Federal Employment System		Interview Techniques			
Job Search Strategies		Children and Divorce			

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	OCT 7 12:00-1:30 pm  NOV 4 12:00-1:30 pm  DEC 2 12:00-1:30 pm  <b>Portsmouth</b> FEB 24 11:00 am-12:30 pm APR 14 2:00-3:30 pm JUN 23 2:00-3:30 pm AUG 25 2:00-3:30 pm DEC 15 2:00-3:30 pm	MAR 18 3:00-4:30 pm  APR 14 5:00-6:30 pm  JUL 21 5:00-6:30 pm		JUL 21 1:00-2:30 pm  SEP 24 8:30-10:00 am	

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OCT 30 9:30-11:00 am	MAR 5 1:00-2:30 pm  JUN 4 1:00-2:30 pm  SEP 3 1:00-2:30 pm  DEC 3 1:00-2:30 pm	JUN 19 8:30-10:00 am  AUG 7 8:30-10:00 am  OCT 2 8:30-10:00 am	FEB 6 8:00-9:30 am  SEP 25 8:00-9:30 am	JAN 30 9:30-11:00 am	



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JUN 25 8:00 am-4:00 pm	FEB 18 8:00 am-4:00 pm  AUG 25 8:00 am-4:00 pm	JUL 7 8:00 am-4:00 pm  NOV 12 8:00 am-4:00 pm	JUN 29 8:00 am-4:00 pm  AUG 17 8:00 am-4:00 pm	MAR 17 8:00 am-4:00 pm  SEP 10 8:00 am-4:00 pm	
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**Newport News**  
688-6289

**Northwest**  
421-8770

APR 13-17 (M-F)  
7:30 am-4:00 pm

OCT 26-30 (M-F)  
7:30 am-4:00 pm

FEB 2-6 (M-F)  
7:30 am-4:00 pm

MAR 2-6 (M-F)  
7:30 am-4:00 pm

APR 6-10 (M-F)  
7:30 am-4:00 pm

MAY 4-8 (M-F)  
7:30 am-4:00 pm

JUN 1-5 (M-F)  
7:30 am-4:00 pm

JUL 6-10 (M-F)  
7:30 am-4:00 pm

AUG 3-7 (M-F)  
7:30 am-4:00 pm

AUG 31-Sep 4 (M-F)  
7:30 am-4:00 pm

OCT 5-9 (M-F)  
7:30 am-4:00 pm

NOV 2-6 (M-F)  
7:30 am-4:00 pm

NOV 30-Dec 4 (M-F)  
7:30 am-4:00 pm

FEB 9-13 (M-F)  
7:30 am-4:00 pm

MAR 2-6 (M-F)  
7:30 am-4:00 pm

MAR 30-Apr 3 (M-F)  
7:30 am-4:00 pm

MAY 4-8 (M-F)  
7:30 am-4:00 pm

JUN 15-19 (M-F)  
7:30 am-4:00 pm

JUL 13-17 (M-F)  
7:30 am-4:00 pm

AUG 3-7 (M-F)  
7:30 am-4:00 pm

SEP 14-18 (M-F)  
7:30 am-4:00 pm

SEP 28-Oct 2 (M-F)  
7:30 am-4:00 pm

NOV 2-6 (M-F)  
7:30 am-4:00 pm

JAN 5-9 (M-F)  
7:30 am-4:00 pm

FEB 2-6 (M-F)  
7:30 am-4:00 pm

MAR 9-13 (M-F)  
7:30 am-4:00 pm

APR 6-10 (M-F)  
7:30 am-4:00 pm

MAY 11-15 (M-F)  
7:30 am-4:00 pm

JUN 1-5 (M-F)  
7:30 am-4:00 pm

JUL 6-10 (M-F)  
7:30 am-4:00 pm

SEP 21-25 (M-F)  
7:30 am-4:00 pm

OCT 19-23 (M-F)  
7:30 am-4:00 pm

NOV 2-6 (M-F)  
7:30 am-4:00 pm

NOV 30-Dec 4 (M-F)  
7:30 am-4:00 pm

JAN 26-30 (M-F)  
7:30 am-4:00 pm

JUL 13-17 (M-F)  
7:30 am-4:00 pm

DEC 7-11 (M-F)  
7:30 am-4:00 pm

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	<div>FEB 4</div> <div>10:00-11:30 am</div> <div>MAR 4</div> <div>10:00-11:30 am</div> <div>APR 1</div> <div>10:00-11:30 am</div> <div>MAY 6</div> <div>10:00-11:30 am</div> <div>JUN 3</div> <div>10:00-11:30 am</div> <div>JUL 1</div> <div>10:00-11:30 am</div> <div>AUG 5</div> <div>10:00-11:30 am</div> <div>SEP 2</div> <div>10:00-11:30 am</div> <div>OCT 7</div> <div>10:00-11:30 am</div> <div>NOV 4</div> <div>10:00-11:30 am</div> <div>DEC 2</div> <div>10:00-11:30 am</div>		<div>JAN 21</div> <div>2:30-4:00 pm</div>		



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Children and Divorce

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Job Network

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**Northwest**  
421-8770

FEB 4  
8:30-10:00 am

MAR 4  
8:30-10:00 am

APR 1  
8:30-10:00 am

MAY 6  
8:30-10:00 am

JUN 3  
8:30-10:00 am

JUL 1  
8:30-10:00 am

AUG 5  
8:30-10:00 am

SEP 2  
8:30-10:00 am

OCT 7  
8:30-10:00 am

NOV 4  
8:30-10:00 am

DEC 2  
8:30-10:00 am

Portsmouth  
MAR 10 10:00-11:30 am

SEP 22  
5:00-6:30 pm

OCT 26  
1:00-2:30 pm

NOV 24  
5:00-6:30 pm

NOV 30  
2:30-4:00 pm

DEC 1  
5:00-6:30 pm

DEC 8  
5:00-6:30 pm

DEC 15  
5:00-6:30 pm

JAN 21  
1:00-2:30 pm

JUL 15  
2:00-3:30 pm

OCT 22  
8:00 - 9:30 am

SEP 17  
9:00-10:30 am

OCT 6  
9:00-10:30 am

NOV 3  
9:00 am-noon

DEC 16  
9:00 am-noon

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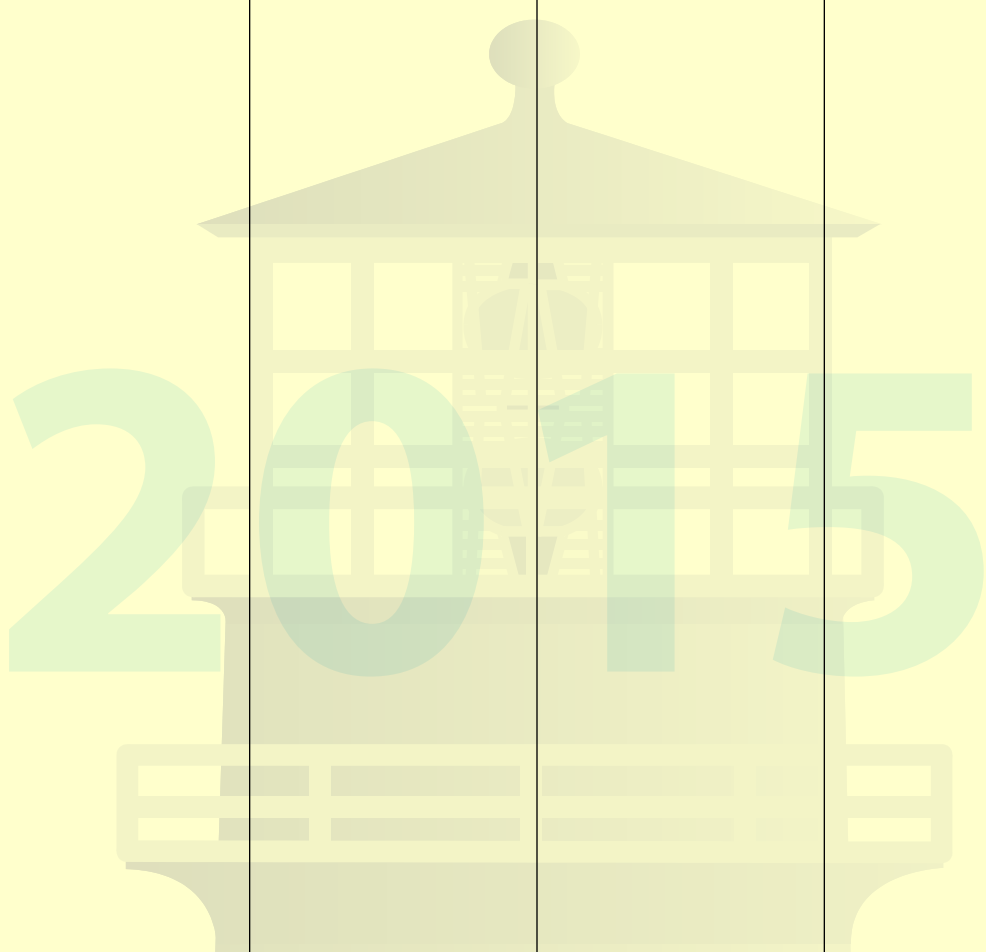
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	<u>Portsmouth</u> JAN 20 10:00-11:30 am  APR 28 2:00-3:30 pm  JUL 14 10:00-11:30 am  SEP 15 2:00-3:30 pm	JAN 20 1:00-2:30 pm  MAR 18 1:30-3:00 pm  NOV 30 1:00-2:30 pm	MAR 30 1:00-2:30 pm		DEC 9 9:00 am-noon



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**Northwest**  
421-8770

JAN 13  
8:30 am-12:30 pm

APR 23  
8:30 am-12:30 pm

JAN 22  
8:00 am-noon

FEB 19  
8:00 am-noon

MAR 19  
8:00 am-noon

APR 22  
8:00 am-noon

MAY 28  
8:00 am-noon

JUN 18  
8:00 am-noon

JUL 15  
8:00 am-noon

AUG 27  
8:00 am-noon

SEP 17  
8:00 am-noon

OCT 22  
8:00 am-noon

NOV 13  
8:00 am-noon

DEC 3  
8:00 am-noon

JAN 12  
7:30-11:30 am

APR 29  
7:30-11:30 am

JUN 29  
7:30-11:30 pm

SEP 9  
7:30-11:30 pm

JAN 21  
8:00 am-noon

FEB 17  
8:00 am-noon

MAR 6  
8:00 am-noon

APR 22  
8:00 am-noon

MAY 4  
8:00 am-noon

JUN 30  
1:00-4:00 pm

AUG 26  
8:00 am-noon

SEP 14  
8:00 am-noon

NOV 10  
8:00 am-noon

JUL 27  
8:00 am-noon

OCT 7  
8:00 am-noon

SEP 10  
1:00-3:00 pm

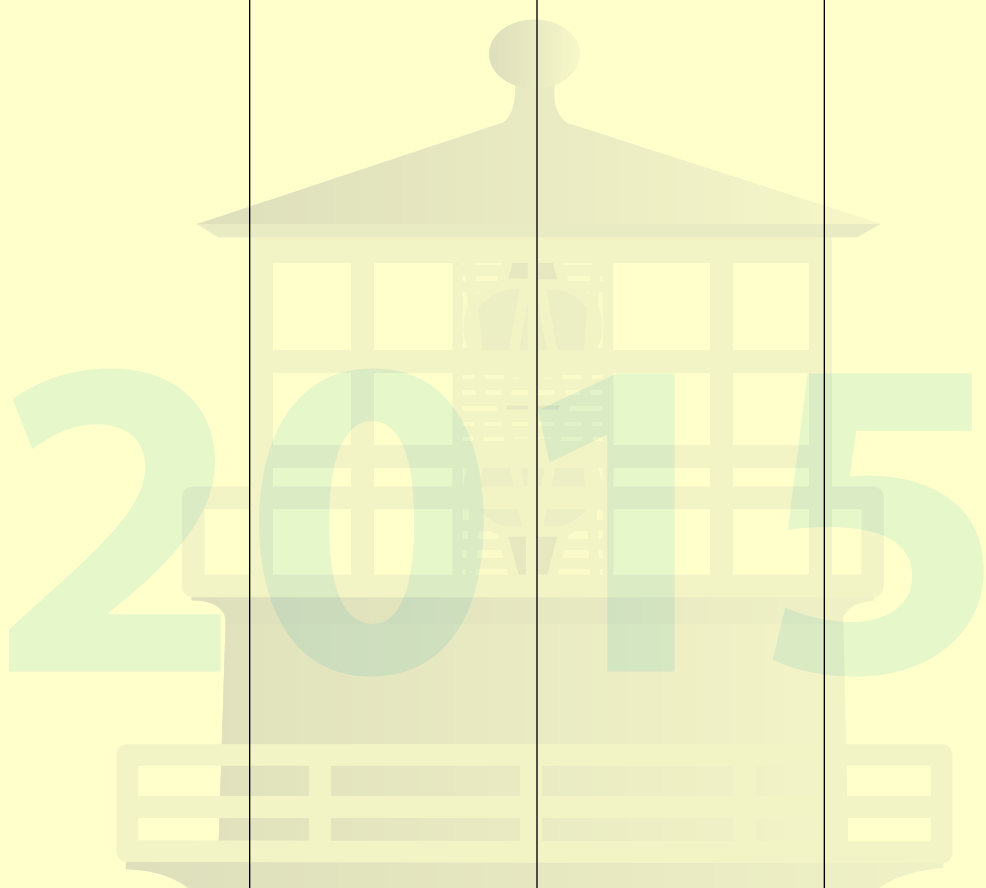
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Federal Employment System		Interview Techniques			
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Don't Bet Your Life On It	Financial Leadership Seminar	Financial Responsibility in the Military
Homeownership	How to Survive the Holidays Financially	
Retirement Planning	Savings and Investments	SMART Start: Finances for Newlyweds
TSP: Your Key to Financial Independence	Million Dollar Sailor	SAPR Command Data Collection Coordinator
SAPR Command Liaison Training	SAPR Command POC Training	SAPR Victim Advocate Continuing Education
SAPR Victim Advocate Basic Training	Love Thinks	Changes
Couples Workshop	Career Planning	Effective Resume Writing
Federal Employment System	Interview Techniques	Job Network
Job Search Strategies	Children and Divorce	

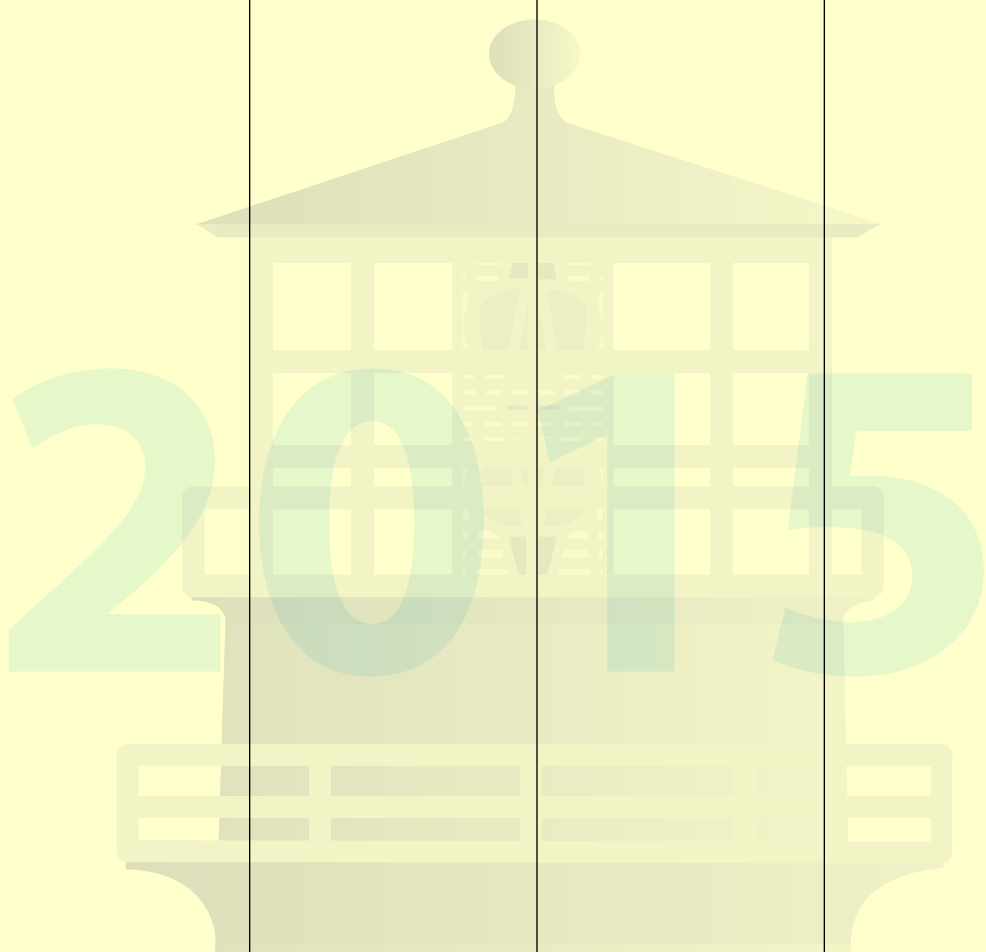
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JUN 23 9:00-10:30 am	Portsmouth OCT 13 2:00-3:30 pm	OCT 13 5:00-6:30 pm  OCT 26 2:30-4:00 pm	APR 30 9:00-10:30 am  SEP 11 9:00-10:30 am	AUG 7 8:00-9:30 am	JUL 15 9:00-10:30 am  AUG 12 9:00-10:30 am  SEP 24 9:00-10:30 am  NOV 19 1:00-2:30 pm



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	<p>JUL 8 12:00-1:30 pm</p> <p>AUG 12 12:00-1:30 pm</p> <p>SEP 9 12:00-1:30 pm</p> <p>OCT 14 12:00-1:00 pm</p> <p>NOV 18 12:00-1:30 pm</p> <p>DEC 9 12:00-1:30 pm</p> <p><u>Portsmouth</u> MAR 17 10:00 am-11:30 am MAY 26 10:00-11:30 am AUG 11 10:00-11:30 am OCT 27 2:00-3:30 pm</p>	<p>JAN 12 12:30-2:00 pm</p> <p>APR 29 12:30-2:00 pm</p> <p>JUN 29 12:30-2:00 pm</p> <p>SEP 9 12:30-2:00 pm</p>	<p>APR 24 1:00-2:30 pm</p> <p>SEP 15 1:00-2:30 pm</p> <p>DEC 17 1:00-2:30 pm</p>	<p>OCT 22 9:30 - 11:00 am</p>	<p>FEB 19 9:00-10:30 am</p> <p>APR 16 9:00-10:30 am</p>



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NOV 14  
8:30 - 10:00 am

JAN 14  
8:30-10:00 am

JAN 12  
2:00-3:30 pm

APR 24  
8:30-10:00 am

JAN  
9:00-10:30 am

FEB 11  
8:30-10:00 am

FEB 25  
1:00-2:30 pm

JUL 1  
8:30-10:00 am

MAY 26  
9:00-10:30 am

MAR 11  
8:30-10:00 am

APR 29  
2:00-3:30 pm

SEP 15  
8:30-10:00 am

SEP 14  
9:00-10:30 am

APR 8  
8:30-10:00 am

MAY 18  
2:30-4:00 pm

DEC 17  
8:30-10:00 am

MAY 13  
8:30-10:00 am

JUN 8  
8:30-10:00 am

JUN 10  
8:30-10:00 am

JUN 29  
2:00-3:30 pm

JUL 8  
8:30-10:00 am

SEP 9  
2:00-3:30 pm

AUG 12  
8:30-10:00 am

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SEP 9  
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MAY 19 9:00-10:30 am	MAY 15 1:00-2:30 pm  AUG 14 1:00-2:30 pm  NOV 6 1:00-2:30 pm  <u>Portsmouth</u> JAN 6 2:00-3:30 pm  JUN 9 10:00-11:30 am	JAN 27 5:00-6:30 pm  FEB 3 5:00-6:30 pm  MAR 5:00-6:30 pm  AUG 25 5:00-6:30 pm  OCT 27 5:00-6:30 pm			JUN 25 9:30-11:00 am

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**Northwest**  
421-8770

**FEB 20**  
8:30-10:00 am

**SEP 9**  
10:00-11:30 am

**JAN 12**  
3:30-5:00 pm

**APR 24**  
10:00-11:30 am

**APR 8**  
10:30 am-noon

**MAR 24**  
9:00-10:30 am

**OCT 14**  
10:00-11:30 am

**FEB 25**  
2:30-4:00 pm

**JUL 1**  
10:00-11:30 am

**DEC 16**  
8:30-10:30 am

**SEP 16**  
9:00-10:30 am

**NOV 18**  
10:00-11:30 am

**APR 29**  
3:30-5:00 pm

**SEP 15**  
10:00-11:30 am

**DEC 9**  
10:00-11:30 am

**JUN 8**  
10:00-11:30 am

**DEC 17**  
10:00-11:30 am

**Portsmouth**  
FEB 10 11:00 am-12:30 pm  
MAY 12 2:00-3:30 pm  
JUL 21 10:00-11:30 am  
SEP 29 2:00-3:30 pm  
DEC 1 2:00-3:30 pm

**JUN 29**  
3:30-5:00 pm

**SEP 9**  
3:30-5:00 pm

**DEC 14**  
10:00-11:30 am

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	<p>JUL 28 &amp; 29 (T&amp;W) 8:00 am-4:00 pm</p> <p>SEP 10 &amp; 11 (Th&amp;F) 8:00 am-4:00 pm</p> <p>NOV 17 &amp; 18 (T&amp;W) 8:00 am-4:00 pm</p>		<p>SEP 1 &amp; 2 (T&amp;W) 8:00 am-4:00 pm</p>	<p>FEB 18 &amp; 19 (W&amp;Th) 8:00 am-4:00 pm</p>	

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JAN 8 8:00 am-4:00 pm	MAR 19 8:00 am-4:00 pm	MAR 11 8:00 am-4:00 pm	MAR 24 8:00 am-4:00 pm		
APR 9 8:00 am-4:00 pm	JUN 10 8:00 am-4:00 pm	MAY 12 8:00 am-4:00 pm	JUL 28 8:00 am-4:00 pm		
JUL 9 8:00 am-4:00 pm	SEP 9 8:00 am-4:00 pm	JUL 29 8:00 am-4:00 pm	OCT 23 8:00 am-4:00 pm		
OCT 8 8:00 am-4:00 pm	DEC 16 8:00 am-4:00 pm	DEC 8 8:00 am-4:00 pm			

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FEB 10  
9:00-11:30 am

MAY 13  
9:00-11:30 am

AUG 11  
9:00-11:30 am

OCT 7  
9:00-11:30 am

JAN 8  
9:00-11:30 am

FEB 5  
9:00-11:30 am

MAR 5  
9:00-11:30 am

APR 2  
9:00-11:30 am

MAY 7  
9:00-11:30 am

JUN 4  
9:00-11:30 am

JUL 2  
9:00-11:30 am

AUG 6  
9:00-11:30 am

SEP 3  
9:00-11:30 am

OCT 1  
9:00-11:30 am

NOV 5  
9:00-11:30 am

DEC 3  
9:00-11:30 am

FEB 10  
9:00-11:30 am

APR 29  
9:00-11:30 am

JUN 24  
1:00-3:30 pm

JUL 14  
9:00-11:30 am

SEP 23  
1:00-3:30 pm

OCT 23  
9:00-11:30 am

JAN 29  
9:00-11:30 am

MAR 5  
9:00-11:30 am

SEP 30  
9:00-11:30 am

DEC 8  
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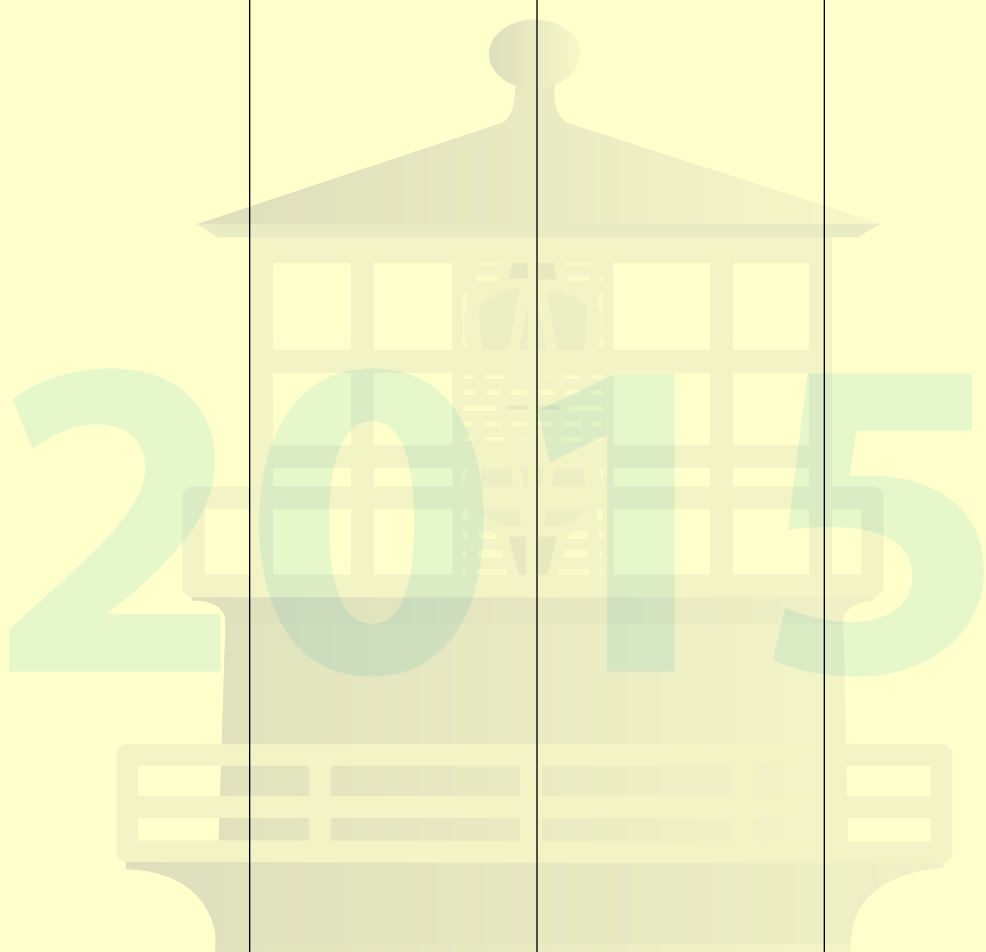
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JUN 4 & 11 (Th) 5:00-7:30 pm	SEP 17 & 24 (Th) 6:00-8:30 pm  OCT 15 & 22 (Th) 6:00-8:30 pm  NOV 12 & 19 (Th) 6:00-8:30 pm  DEC 10 & 17 (Th) 6:00-8:30 pm  Portsmouth JAN 14 & 21 (W) 2:00-4:30 pm  MAR 19 12:00-5:00 pm  MAY 21 & 28 (Th) 2:00-4:30 pm  JUL 16 & 23 (Th) 2:00-4:30 pm  SEP 9-10 (W&Th) 1:00-3:30 pm  NOV 12 & 19 (Th) 2:00-4:30 pm	FEB 3 & 10 (T) 2:00-4:30 pm  MAY 5 & 12 (T) 2:00-4:30 pm  AUG 4 & 11 (T) 2:00-4:30 pm  NOV 3 & 10 (T) 2:00-4:30 pm	SEP 14 & 21 (M) 5:00-7:30 pm  OCT 26 & Nov 2 (M) 5:00-7:30 pm		

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**Oceana/Dam Neck**  
433-2912

**JEB Little Creek/ Fort Story**  
462-7563

**Newport News**  
688-6289

**Northwest**  
421-8770

FEB 2  
9:00 am-noon

APR 6  
9:00 am-noon

JUN 15  
9:00 am-noon

AUG 3  
9:00 am-noon

OCT 19  
9:00 am-noon

DEC 16  
9:00 am-noon

JAN 6  
8:30-11:30 am

FEB 10  
8:30-11:30 am

MAR 17  
8:30-11:30 am

APR 14  
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MAY 12  
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8:30-11:30 am

JUL 14  
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AUG 11  
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OCT 13  
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NOV 9  
8:30-11:30 am

DEC 8  
8:30-11:30 am

JUN 5  
11:00 am-2:00 pm

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JUL 13  
9:00 am-noon

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AUG 21  
11:00 am-2:00 pm

AUG 31  
9:00 am-noon

OCT 5  
9:00 am-noon

NOV 16  
9:00 am-noon

DEC 14  
9:00 am-noon

FEB 9  
9:00 am-noon

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1:00-4:00 pm

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JUL 14  
1:00-4:00 pm

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9:00 am-noon

OCT 5  
9:00 am-noon

NOV 4  
9:00 am-noon

DEC 1  
9:00 am-noon

JAN 5  
9:00 am-noon

MAR 9  
9:00 am-noon

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9:00 am-noon

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9:00 am-noon

SEP 15  
9:00 am-noon

NOV 3  
9:00 am-noon

FEB 4  
9:00 am-noon

APR 21  
9:00 am-noon

JUN 4  
9:00 am-noon

JUL 11  
9:00 am-noon

AUG 11  
9:00 am-noon

OCT 1  
9:00 am-noon

NOV 10  
9:00 am-noon

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FEB 4  
9:00 am-noon

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9:00 am-noon

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9:00 am-noon

AUG 5  
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DEC 9  
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DEC 17  
8:30-11:30 am

Portsmouth

JAN 13  
8:30-11:30 am

APR 7  
8:30-11:30 am

SEP 2 9:00 am-noon

SEP 10 9:00 am-noon

SEP 18 11:00 am-2:00 pm

SEP 22 9:00 am-noon

SEP 29 9:00 am-noon

OCT 7 9:00 am-noon

OCT 15 9:00 am-noon

OCT 21 9:00 am-noon

OCT 25 9:00 am-noon

NOV 3 9:00 am-noon

NOV 12 9:00 am-noon

NOV 18 9:00 am-noon

NOV 23 9:00 am-noon

DEC 2 9:00 am-noon

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DEC 17 9:00 am-noon

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SEP 17  
1:00-4:00 pm

OCT 8  
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DEC 1  
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FEB 5  
9:00 am-noon

APR 9  
9:00 am-noon

JUN 18  
9:00 am-noon

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NOV 12  
8:30-11:30 am

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SEP 28  
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MAR 30  
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APR 21  
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MAY 27  
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JUN 16  
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1:00-4:00 pm

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FEB 6  
9:00 am-noon

JUN 19  
9:00 am-noon

AUG 7  
9:00 am-noon

OCT 23  
9:00 am-noon

DEC 17  
1:00-4:00 pm

JAN 9  
1:00-4:00 pm

FEB 13  
8:30-11:30 am

MAR 20  
8:30-11:30am

APR 17  
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MAY 15  
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8:30-11:30 am

JUL 17  
8:30-11:30 am

AUG 14  
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SEP 11  
8:30-11:30 am

OCT 16  
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NOV 13  
8:30-11:30 am

DEC 10  
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MAR 24  
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1:00-4:00 pm

SEP 22  
9:00 am-noon

NOV 12  
1:00-4:00 pm

DEC 17  
1:00-4:00 pm

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FEB 3  
9:00 am-noon

APR 7  
9:00 am-noon

JUN 16  
9:00 am-noon

AUG 4  
9:00 am-noon

OCT 20  
9:00 am-noon

DEC 15  
9:00 am-noon

FEB 10  
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MAR 17  
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1:00-4:00 pm

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1:00-4:00 pm

JUN 9  
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JUL 14  
1:00-4:00 pm

AUG 11  
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SEP 8  
1:00-4:00 pm

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1:00-4:00 pm

DEC 8  
1:00-4:00 pm

SEP 1  
9:00 am-noon

SEP 24  
9:00 am-noon

OCT 6  
9:00 am-noon

OCT 28  
9:00 am-noon

NOV 6  
11:00 am-2:00 pm

NOV 17  
9:00 am-noon

DEC 10  
9:00 am-noon

JAN 26  
9:00 am-noon

FEB 19  
1:00-4:00 pm

MAR 17  
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APR 2  
9:00 am-noon

APR 30  
1:00-4:00 pm

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9:00 am-noon

AUG 13  
9:00 am-noon

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9:00 am-noon

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9:00 am-noon

JUL 16  
9:00 am-noon

SEP 10  
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NOV 19  
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688-6289

**Northwest**  
421-8770

MAY 12 12:00-4:00 pm

FEB 3 & 4 (T&W)  
3:00-5:00 pm

APR 28 & 29 (W&Th)  
3:00-5:00 pm

JUN 2 & 9 (T)  
6:00-8:00 pm

AUG 12 & 13 (W&Th)  
3:00-5:00 pm

OCT 13 & 14 (T&W)  
3:00-5:00 pm

DEC 1 & 2 (T&W)  
9:00-11:00 am

MAR 24 & 25 (T&W)  
2:00-4:00 pm

AUG 18 & 19 (T&W)  
1:00-3:00 pm

JAN 6  
3:00-7:00 pm

FEB 17  
3:00-7:00 pm

MAR 4  
12:30-4:30 pm

MAR 24  
3:00-7:00 pm

APR 7  
3:00-7:00 pm

APR 28  
9:00 am-1:00 pm

MAY 19  
3:00-7:00 pm

JUN 16  
3:00-7:00 pm

JUL 7  
8:30 am-12:30 pm

JUL 28  
3:00-7:00 pm  
AUG 18 3:00-7:00 pm  
SEP 1 12:30-4:30 pm  
SEP 29 3:00-7:00 pm  
OCT 6 3:00-7:00 pm  
NOV 3 3:00-7:00 pm  
NOV 18 12:30-4:30 pm  
DEC 1 3:00-7:00 pm

JAN 20  
1:00-5:00 pm

FEB 18  
8:30 am-12:30 pm

MAY 8  
8:30 am-12:30 pm

JUN 18  
8:30 am-12:30 pm

AUG 6  
1:00-5:00 pm

SEP 30  
1:00-5:00 pm

NOV 17  
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APR 7 & 9 (T&Th)  
1:00-3:00 pm

APR 23 1  
2:00-4:00 pm

JUL 14  
9:00 am-1:00 pm

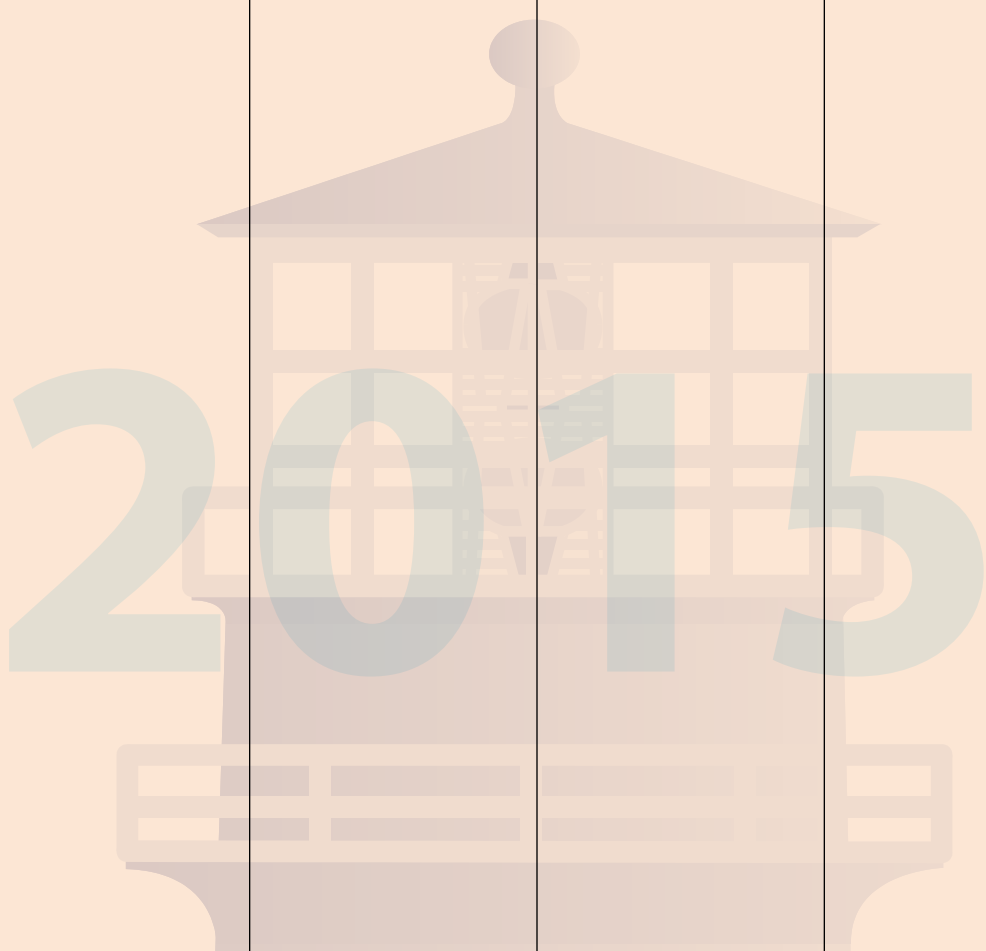
AUG 13  
8:00 am-noon

OCT 15  
8:00 am-noon

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		CONSEP		CPO Selectee Resources Training	
Deckplate Resource Awareness Training		Family Readiness Group Leadership		Ombudsman Advanced Training	
Ombudsman Basic Training		Prospective Chief Petty Officer Training		IA Deployment Readiness Brief	
				Overseas Transfer Workshop	
Smooth Move Workshop		Sponsor Training			
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APR 2 8:00 am-4:30 pm		MAR 5 7:30 am-4:00 pm	JAN 22 8:00-4:30 pm		
OCT 1 8:00 am-4:30 pm		APR 2 7:30 am-4:00 pm	FEB 12 8:00 am-4:30 pm		
		MAY 7 7:30 am-4:00 pm	FEB 26 8:00 am-4:30 pm		
		JUN 4 7:30 am-4:00 pm	MAR 12 8:00 am-4:30 pm		
		JUL 2 7:30 am-4:00 pm	MAR 26 8:00 am-4:30 pm		
		AUG 6 7:30 am-4:00 pm	APR 9 8:00 am-4:30 pm		
		SEP 3 7:30 am-4:00 pm	APR 30 8:00 am-4:30 pm		
		OCT 1 7:30 am-4:00 pm	MAY 14 8:00 am-4:30 pm		
		NOV 5 7:30 am-4:00 pm	MAY 28 8:00 am-4:30 pm		
		DEC 3 7:30 am-4:00 pm	JUN 11 8:00 am-4:30 pm		
			JUN 25 8:00 am-4:30 pm		

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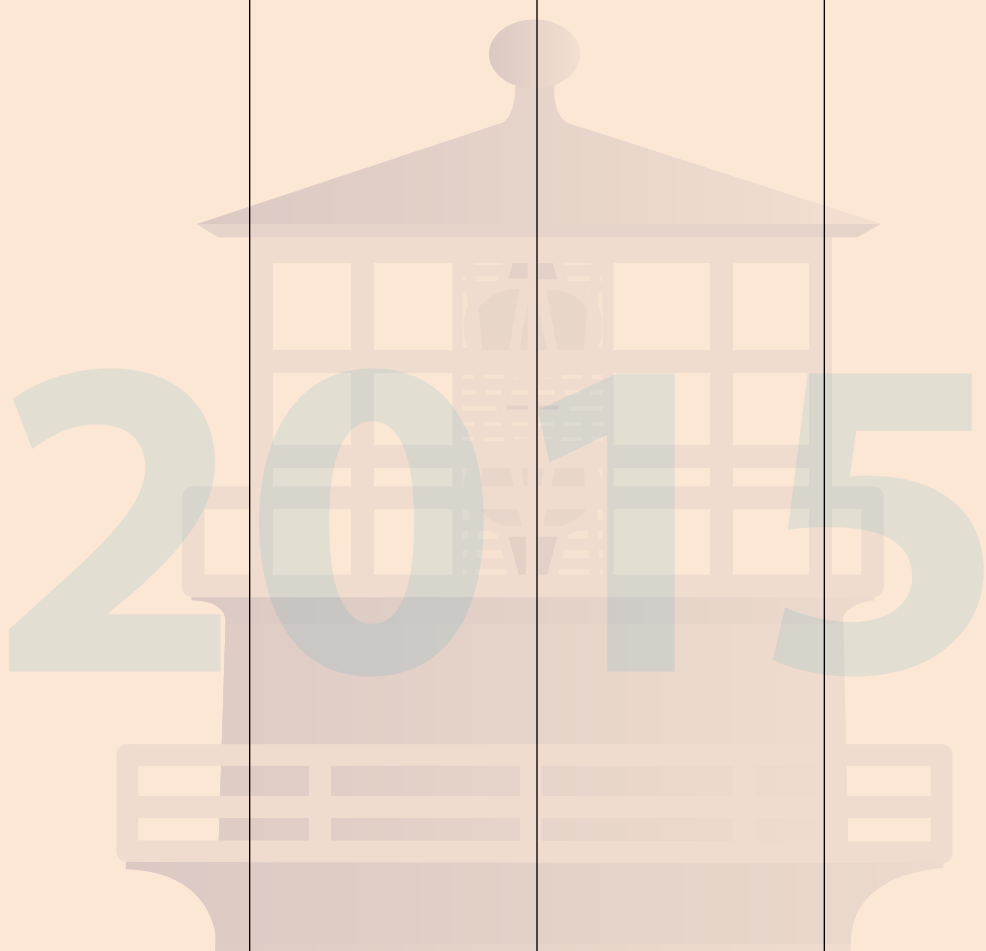
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## Sponsor Training

**Northwest**  
**421-8770**

**JUN 1-4 (M-Th)**  
**8:00 am-4:30 pm (First Term)**

**SEP 14-17 (M-Th)**  
**8:00 am-4:30 pm (Mid Career)**

**APR 28-May1 (T-F)**  
**8:00 am-4:30 pm (Mid Career)**

**SEP 22-25 (T-F)**  
**8:00 am-4:30 pm (First Term)**

**OCT 20-23 (T-F)**  
**8:00 am-4:30 pm (Mid Career)**

**DEC 8-11 (T-F)**  
**8:00 am-4:30 pm (First Term)**

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		VA Disability Benefits Review		Foreign Born Spouses Support Group	
		CONSEP		CPO Selectee Resources Training	
Deckplate Resource Awareness Training		Family Readiness Group Leadership		Ombudsman Advanced Training	
Ombudsman Basic Training		Prospective Chief Petty Officer Training		IA Deployment Readiness Brief	
				Overseas Transfer Workshop	
Smooth Move Workshop		Sponsor Training			
Yorktown 887-4606	Norfolk/Portsmouth 444-2102	Oceana/Dam Neck 433-2912	JEB Little Creek/ Fort Story 462-7563	Newport News 688-6289	Northwest 421-8770
	AUG 14 8:00 am-noon  AUG 17 8:00 am-noon  AUG 24 8:00 am-noon  AUG 28 8:00 am-noon  SEP 1 8:00 am-noon  SEP 8 8:00 am-noon  AUG 18 8:00 am-noon  AUG 25 8:00 am-noon		AUG 19 8:00 am-noon	AUG 25 8:00 am-noon  AUG 27 8:00 am-noon	

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	JUL 27 & 28 (M&T) 8:00 am-4:00 pm	JUL 28 & 29 (T&W) 8:00 am-4:00 pm	JUN 11 & 12 (Th&F) 8:00 am-4:00 pm	JUL 28 & 29 (T&W) 8:00 am-4:00 pm	
	AUG 10 & 11 (M&T) 8:00 am-4:00 pm	AUG 12 & 13 (W&Th) 8:00 am-4:00 pm	JUL 22 & 23 (W&Th) 8:00 am-4:00 pm	NOV 17 & 18 (T&W) 8:00 am-4:00 pm	
	SEP 3 & 4 (Th&F) 8:00 am-4:00 pm	SEP 15 & 16 (T&W) 8:00 am-4:00 pm	SEP 9 & 10 (W&Th) 8:00 am-4:00 pm		
	OCT 29 & 30 (Th&F) 8:00 am-4:00 pm	OCT 21 & 22 (W&Th) 8:00 am-4:00 pm	OCT 27 & 28 (T&W) 8:00 am-4:00 pm		
	NOV 23 & 24 (M&T) 8:00 am-4:00 pm	NOV 23 & 24 (M&T) 8:00 am-4:00 pm			
	DEC 21 & 22 (M&T) 8:00 am-4:00 pm	DEC 15 & 16 (T&W) 8:00 am-4:00 pm			

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**JEB Little Creek/ Fort Story**  
462-7563

**Newport News**  
688-6289

**Northwest**  
421-8770

JAN 6 6:00-9:00 pm  
(Homecoming Training)

FEB 25 & 26 (W&Th)  
9:00 am-1:30 pm (Basic Training)

MAR 10 6:00-9:00 pm  
(Homecoming Training)

APR 23 9:00-11:30 am  
(Advanced Training)

APR 23 6:00-8:30 pm  
(Advanced Training)

MAY 2  
8:00 am-5:00 pm (Basic Training)

MAY 12  
6:00-9:00 pm  
(Homecoming Training)

JUN 4  
9:00-11:30 am  
(Advanced Training)

JUN 4 6:00-8:30 pm  
(Advanced Training)

AUG 6 9:00-11:30 am  
(Advanced Training)

AUG 6 6:00-8:30 pm  
(Advanced Training)

SEP 19 8:00 am-5:00 pm  
(Basic Training)

SEP 22 6:00-9:00 pm  
(Homecoming Training)

JAN 24 8:00 am-5:00 pm  
(Basic Training)

APR 9 9:00-11:30 am  
(Advanced Training)

APR 9 6:00-8:30 pm  
(Advanced Training)

APR 21-23 (T-Th) 5:30-8:30 pm  
(Basic Training)

JUL 21 & 22 (T&W)  
9:00 am-1:30 pm (Basic Training)

AUG 11 9:00-11:30 am  
(Advanced Training)

AUG 11 6:00-8:30 pm  
(Advanced Training)

OCT 13 9:00-11:30 am  
(Advanced Training)

OCT 13 6:00-8:30 pm  
(Advanced Training)

NOV 12 & 13 (Th&F)  
9:00 am-1:30 pm (Basic Training)

FEB 10 9:00-11:30 am  
(Advanced Training)

FEB 10 6:00-8:30 pm  
(Advanced Training)

MAR 21 8:00 am-5:00 pm  
(Basic Training)

MAR 26 6:00-9:00 pm  
(Homecoming Training)

JUN 9 9:00-11:30 am  
(Advanced Training)

JUN 9 6:00-8:30 pm  
(Advanced Training)

JUL 7 & 8 (T&W)  
9:00 am-1:30 pm (Basic Training)

OCT 3 8:00-5:00 pm  
(Basic Training)

OCT 22 6:00-9:00 pm  
(Homecoming Training)

DEC 8 9:00-11:30 am  
(Advanced Training)

DEC 8 6:00-8:30 pm  
(Advanced Training)

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688-6289

**Northwest**  
421-8770

MAR 23-25 (M-W)  
8:30 am-4:00 pm

AUG 18-20 (T-Th)  
8:30 am-4:00 pm

JAN 7-10 (W-Sa)  
5:00-9:30 pm  
Wed-Fri & Sat  
8:00 am-5:00 pm

APR 20-22 (M-W)  
8:30 am-4:00 pm

JUL 8-11 (W-Sa)  
5:00-9:30 pm  
Wed-Fri & Sat  
8:00 am-5:00pm

OCT 16-18 (F-Su)  
8:30 am-4:00 pm

MAR 23-25 (M-W)  
8:30 am-4:00 pm

AUG 18-20 (T-Th)  
8:30 am-4:00 pm

MAR 6-8 (F-Su)  
8:30 am-4:00 pm

JUN 3-5 (W-F)  
8:30 am-4:00 pm

OCT 23-25 (F-Su)  
8:30 am-4:00 pm

DEC 4-6 (F-Su)  
8:30 am-4:00 pm

FEB 20-22 (F-Su)  
8:30 am-4:00 pm

MAY 1-3 (F-Su)  
8:30 am-4:00 pm

JUL 24-26 (F-Su)  
8:30 am-4:00 pm

SEP 18-20 (F-Su)  
8:30 am-4:00 pm

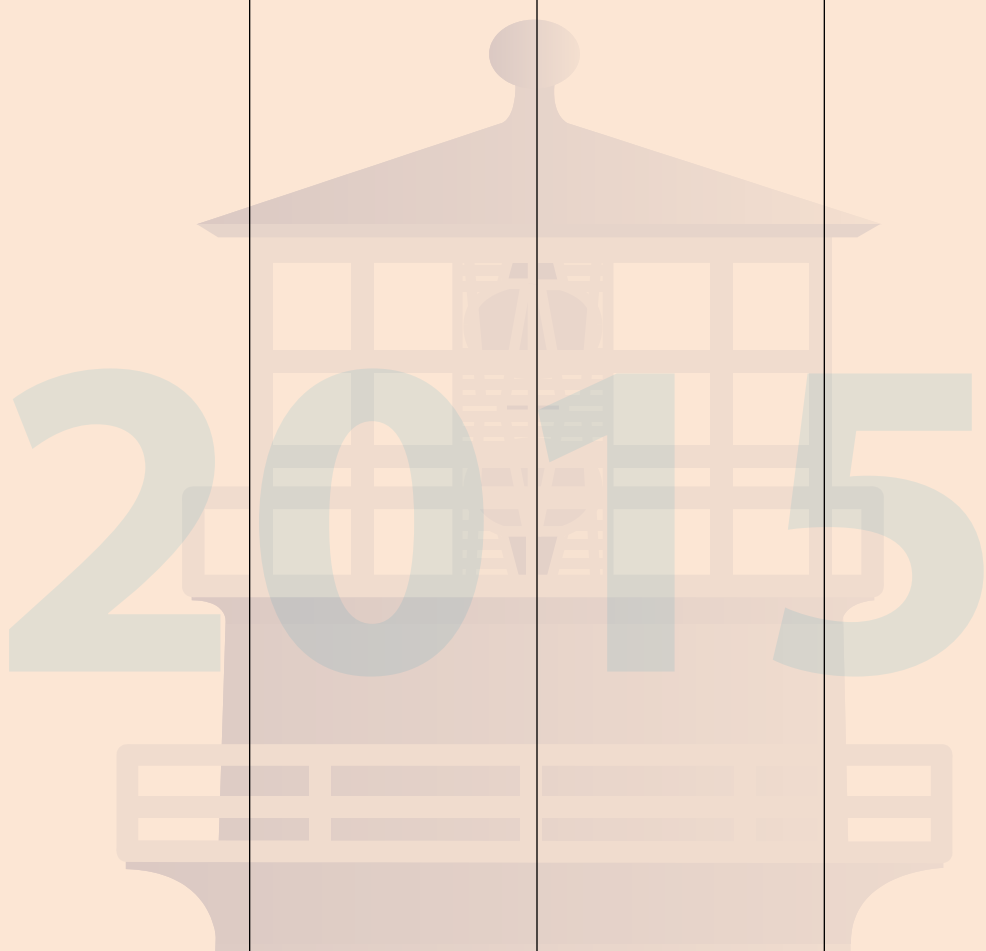
NOV 20-22 (F-Su)  
8:30 am-4:00 pm

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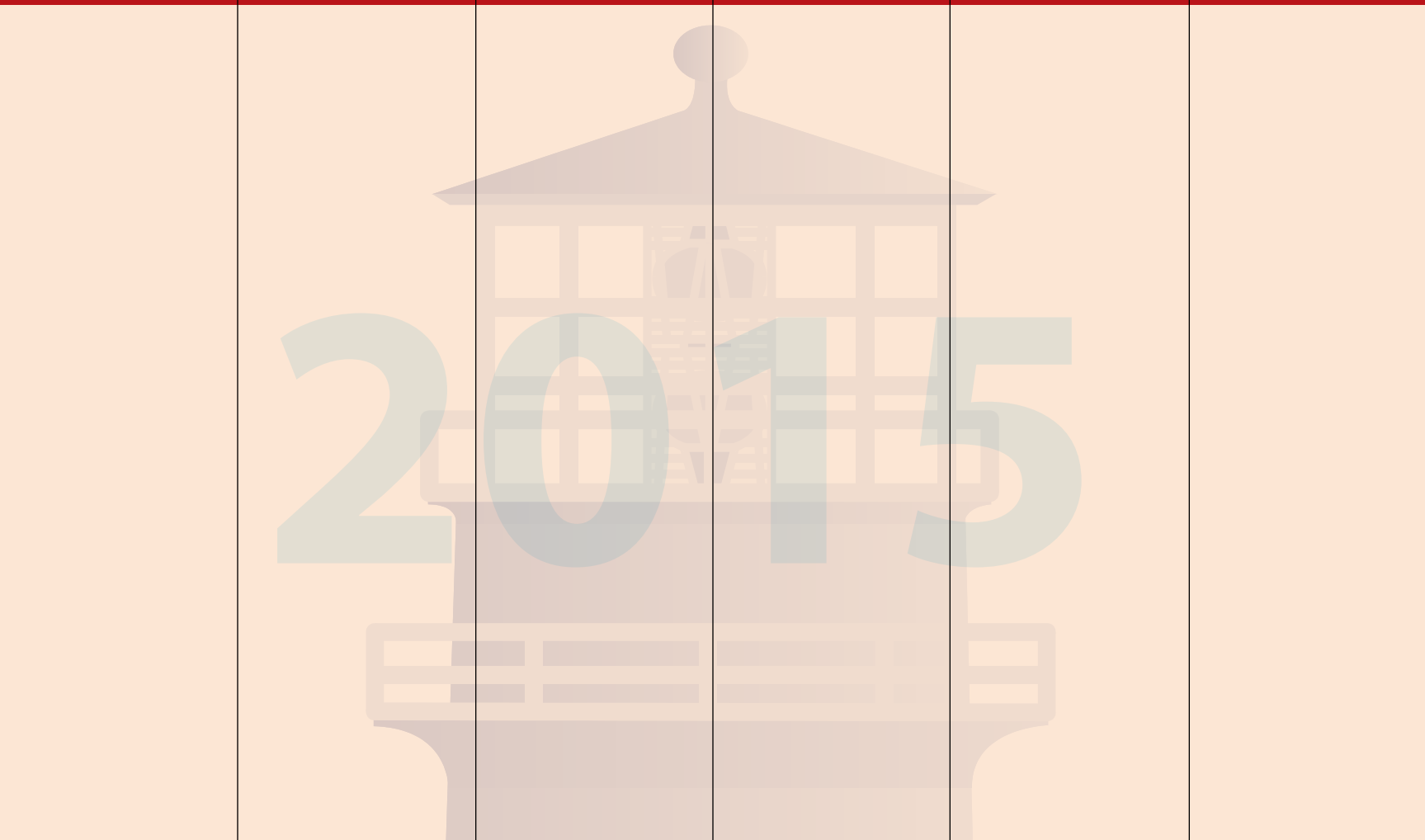


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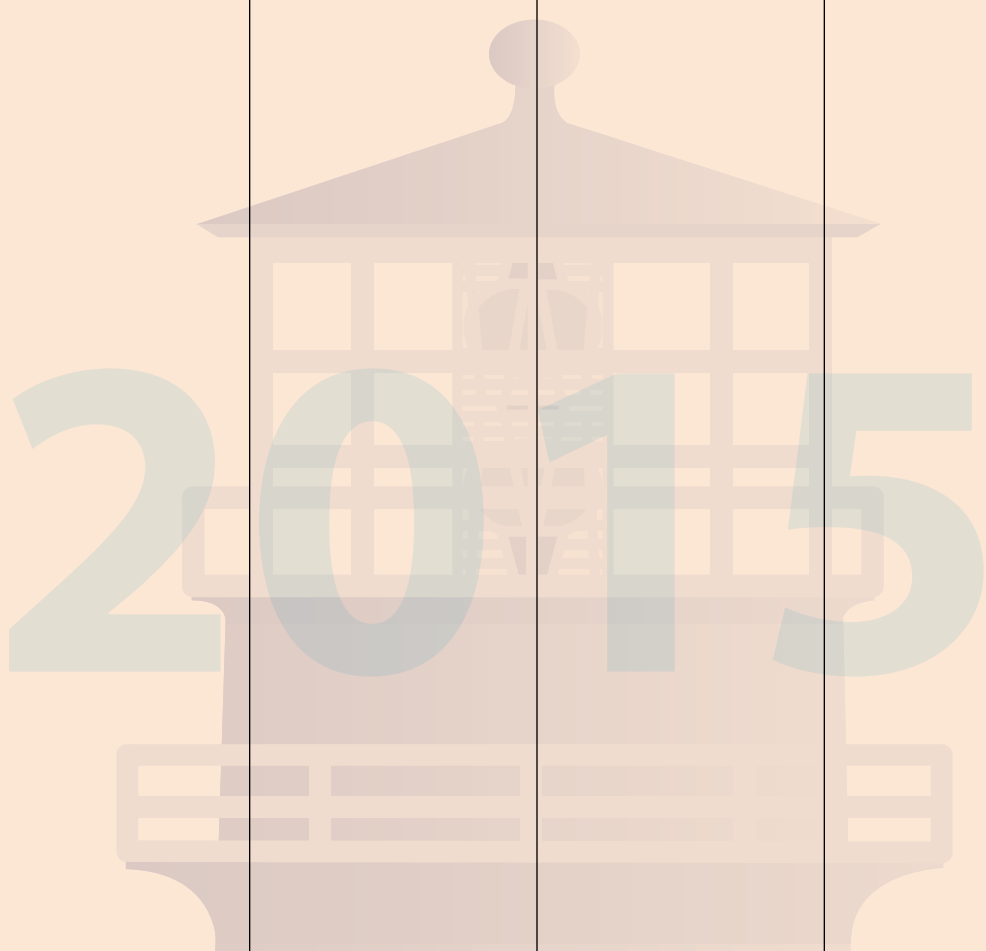
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JUN 16  
1:00-4:00 pm

JAN 22  
9:00 am-noon

FEB 17  
4:00-7:00 pm

JAN 23  
9:00 am-noon

MAR 4  
9:00 am-noon

JAN 27  
9:00 am-noon

MAR 19  
1200-1500

APR 14  
9:00 am-noon

FEB 26  
1:00-4:00 pm

JUL 21  
8:00-11:00 am

FEB 25  
9:00 am-noon

MAY 28  
9:00 am-noon

JUN 16  
1:00-4:00 pm

MAR 19  
5:00-8:00 pm

DEC 15  
8:00-11:00 am

MAR 25  
9:00 am-noon

JULY 16  
9:00 am-noon

AUG 11  
4:00-7:00 pm

APR 28  
9:00 am-noon

APR 15  
9:00 am-noon

SEP 17  
9:00 am-noon

OCT 13  
9:00 am-noon

MAY 26  
9:00 am-noon

MAY 12  
9:00 am-noon

NOV 12  
9:00 am-noon

NOV 17  
4:00-7:00 pm

JUN 15  
5:00-8:00 pm

JUN 23  
9:00 am-noon

JUL 28  
9:00 am-noon

JUL 8  
1:00-4:00 pm

AUG 24  
1:00-4:00 pm

AUG 18  
9:00 am-noon

SEP 28  
5:00-8:00 pm

SEP 23  
9:00 am-noon

OCT 30  
9:00 am-noon

OCT 14 1:00-4:00 pm  
NOV 10 1:00-4:00 pm  
DEC 8 9:00 am-noon

DEC 16  
1:00-4:00 pm

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MAY 20 9:00-11:00 am	OCT 1 9:00-11:00 am  11/24/2015 0900-1100  12/22/2015 0900-1100	OCT 6 9:00-11:00 am  NOV 10 9:00-11:00 am  DEC 8 1:00-3:00 pm	AUG 13 1:00-3:00 pm  SEP 11 9:00-11:00 am  OCT 7 2:00-4:00 pm  NOV 24 9:00-11:00 am  DEC 9 1:00-3:00 pm	JAN 22 9:00-11:00 am  SEP 22 9:00-11:00 am  NOV 23 9:00-11:00 am	MAR 5 9:00-11:00 am  JUN 2 9:00-11:00 am  DEC 2 2:00-4:00 pm

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